

MOTION BY CHAIR HILDA L. SOLIS

May 31, 2016

LOS ANGELES COUNTY HEART WALK DAY

The 2016 Los Angeles County Heart Walk is a non-competitive 5K walk promoting physical activity and heart-healthy living in a fun, family environment. Funds raised through the Heart Walk support research and outreach to individuals at risk for cardiovascular disease.

The annual Heart Walk has become an opportunity for people to improve their health by walking and raising funds to help fight heart disease and stroke. The Heart Walk creates a stronger community among participants and survivors, instills passion to reduce disability and death from cardiovascular diseases and stroke, and generates excitement for a new or renewed commitment to heart-healthy living. This year, more than 20,000 participants are expected to show their support and demonstrate their commitment to fighting Los Angeles County’s No. 1 and No. 2 Killers - heart disease and stroke.

Four Heart Walks will be held in Los Angeles County this year. The dates are as follows:

- Long Beach – September 24 – Rainbow Lagoon
- Pasadena – October 8 – Rose Bowl
- Santa Clarita – October 15 – Bridgeport Park
- Antelope Valley – November 5 – Marie Kerr Park

Several County departments will join this year’s Heart Walk to support the mission of the American Heart Association. In support of this effort, County departments’ wellness coordinators will be asked to disseminate information regarding the Heart Walk and encourage colleagues to support and participate in these events.

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MOTION

RIDLEY-THOMAS _____

KUEHL _____

KNABE _____

ANTONOVICH _____

SOLIS _____

Because so many of us have been touched by heart disease in our families and circles of friends, and because the Heart Walk supports the goals of this Board to improve the health of all County residents by encouraging physical exercise and healthy living,

I, THEREFORE, MOVE that the Board of Supervisors take the following actions:

1. Direct every County department to support the Los Angeles County Heart Walk by registering and supporting fundraising efforts;
2. Direct the County Department Public Information Officers to promote and distribute materials related to Greater Los Angeles County Heart Walk
3. Direct all County Departments wellness coordinators to promote the 2016 American Heart Association Heart Walk and encourage colleagues to participate and support;
4. Direct the Auditor-Controller to publicize the Heart Walk events on the August 15, 2016 paycheck run and encourage active employee participation; and
5. Proclaim the month of September as “Los Angeles County Heart Walk Month” in support of the event, which encourages all employees to live a healthier lifestyle and reduce risk for heart attack and stroke.

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